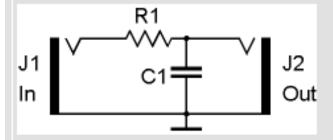you'll have to experiment. from 47nF to 4.7uF
http://www.doepfer.de/DIY/a100_diy.htm
if you make a simple lowpass or highpass filter you can change the shape of the modulating LFO

example:

lowpass filter
R1 = 4k7 (try 1k to 100k)
C1 = 100nF

set lfo type to saw (left or right position of the 'type' switch
set LFO range to the right

patch the lfo into the filter
gnd of the filter to gnd on the 3trinsRGB-1c
output of the filter to red channel (RCV) input on the 3trinsRGB-1c

result = wavy modulation (like waves on the ocean)
Not as sharp as normal

with a 47nF capacitor you get a smooth zorro "Z"
270nF gives a pointy wave

If you modulate the RSync, you can remove the high pitch lines and get smoother curves